CHAPTER 4

PO 104 – DEVELOP A PERSONAL ACTIVITY PLAN

COMMON TRAINING

INSTRUCTIONAL GUIDE

SECTION 1

EO M104.01 – IDENTIFY ACTIVITIES THAT WILL HELP ACHIEVE A HEALTHY ACTIVE LIFESTYLE

Total Time:	30 min

INTRODUCTION

PRE-LESSON INSTRUCTIONS

A complete list of resources needed for the instruction of this EO is located at Chapter 2 of the QSP. Specific uses for said stores are identified throughout the Instructional Guide, within the teaching point for which they are required.

The instructor shall review the lesson content and become familiar with the material prior to the instruction of the lesson.

PRE-LESSON ASSIGNMENT

N/A.

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall be expected to identify activities that will help them achieve a healthy and active lifestyle.

APPROACH

For TP1, the interactive lecture method was chosen as it allows the instructor to make a semi-formal presentation of the material where the cadets can participate by asking or responding to questions and commenting on the material. For this lesson, this method is most effective as it matches well the taxonomic level of the material and is age-appropriate by virtue of its participatory nature.

For TP2, the group discussion method was chosen to allow the cadets to share their knowledge, opinions, and feelings about the subject matter while still allowing the instructor to control the direction of the discussion. The instructor must ensure that points not brought forth by the class are presented. If the instructor follows the Instructional Guide, including the questions posed, this will allow the cadets to express, in their own words, what they learned from this lesson and how they may apply the information.

IMPORTANCE

Physical fitness is one of the three aims of the cadet program. Teaching the cadets what activities contribute to an active lifestyle will help them achieve physical fitness.

Teaching Point 1	**Introduce Cadets to *Canada's Physical Activity Guide to Healthy Active Living***
Time: 7 min	Method: Interactive Lecture

CANADA'S PHYSICAL ACTIVITY GUIDE TO HEALTHY ACTIVE LIVING

Hand out *Canada's Physical Activity Guide to Healthy Active Living*, highlighting the following pages and information detailed there:

- **Page 4 – Check Out What You Are Doing Now.** Is your exercise time more than 90 minutes per day? Less than 90 minutes but more than 60? Less than 60 but more than 30? Have each cadet write down their activities from yesterday and two days ago to add up their total time.
- **Page 5 – Benefits of Physical Activity.** Meet new friends, improve physical self-esteem, achieve a healthy weight, build strong bones and strengthen muscles, maintain flexibility, promote good posture and balance, improve fitness, strengthen the heart, increase relaxation and promote healthy growth and development.
- **Page 6 – What Are You Into.** Walking, running, hiking, cycling, swimming, jogging, gymnastics, ice-skating, skiing, basketball, volleyball, tobogganing, soccer, football, tennis, baseball, softball, dancing, yoga, climbing, bowling, hockey, skateboarding, badminton, etc. Have the cadets brainstorm all the activities they can think of that they may be interested in.
- **Page 8 – Let's Get Active.** Increase the time currently spent on physical activity and reduce non-active time.
- **Page 10 – Crank Up Your Activity.** Walking instead of taking the bus, playing ball at breaks, walking the dog, raking leaves, shovelling snow, carrying groceries, etc. Brainstorm ideas that will help increase current physical activity.

The purpose of highlighting these pages is to fuel the discussion for the next teaching point. The cadets may take home the guides and explore them further afterwards.

Teaching Point 2	**Discuss Activities That Will Help Achieve a Healthy Lifestyle**
Time: 18 min	Method: Group Discussion

ACTIVITIES THAT HELP ACHIEVE A HEALTHY LIFESTYLE

Facilitate a discussion about activities that help achieve a healthy lifestyle, to include:

- activities that raise your heart rate;
- simple, everyday activities such as walking, skipping, running, raking leaves, skateboarding, etc.;
- playing physical games with friends/family; and
- options that do not cost money or require a gym membership.

Activities That Raise Your Heart Rate. This means any activity that gets your heart pumping. This would include walking, running, jumping, skateboarding, skiing, skating, tobogganing, swimming, biking, bowling, playing ball, raking leaves, shovelling snow, carrying groceries, joining a sports league, dancing, fitness classes (yoga, hip hop, aerobics, gymnastics), karate, judo, taking the stairs, etc.

Simple, Everyday Activities. Activities that can be done with little or no planning such as walking, skipping, running, raking leaves, mowing the lawn, gardening, skateboarding, rollerblading, ice skating, cycling, etc.

Playing Physical Games. Playing team games such as baseball, volleyball, soccer, football, hockey, etc. Gather some friends and encourage them to join in for some fun activity.

Options That Do Not Cost Money or Require a Gym Membership. Many of the activities listed above can be done at no cost to you. Being active is easily achievable without having to spend money or a great deal of time organizing an activity.

TIPS FOR ANSWERING/FACILITATING DISCUSSION

- Ask questions that help facilitate discussion; in other words, avoid questions with yes or no answers.
- Prepare questions ahead of time.
- Be flexible (you are not bound to only the prepared questions).
- Encourage cadets to participate by using praise such as “great idea” or “excellent response, can anyone add to that?”.
- Try to involve everyone by directing questions to non-participants.

SUGGESTED QUESTIONS TO ASK THE CADETS

- If they are active now and what activity they participate in.
- How often they are currently active.
- What physical benefits can be achieved through physical activity.
- What other benefits can be achieved (social, mental, etc.).
- What they enjoy about being active.

Do not let the discussion get off track. If the discussion veers in an undesired direction, simply redirect the discussion by returning to the prepared questions, or stating that the discussion needs to get back on track.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. What are some of the physical benefits of physical activity?

Q2. What are some of the social benefits of physical activity?

Q3. What activities can help achieve a healthy lifestyle?

ANTICIPATED ANSWERS

A1. Benefits include achieving a healthy weight, building strong bones and strengthening muscles, maintaining flexibility, promoting good posture and balance, improving fitness, strengthening the heart, increasing relaxation, and promoting healthy growth and development.

A2. Meeting new friends, improving physical self-esteem.

A3. Activities that can help achieve a healthy lifestyle include:

- activities that raise your heart rate;
- simple, everyday activities such as walking, skipping, running, raking leaves, skateboarding, etc.; and
- playing physical games with friends/family.

During the discussion, take notes on points that were raised and discussed by the group. At the end of the lesson, you will be able to recap the discussion.

END OF LESSON CONFIRMATION

The confirmation of this lesson will occur in EO M104.02 (Section 2) as the cadets develop a personal activity plan.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

There is no formal assessment of this EO.

CLOSING STATEMENT

As physical fitness is one of the aims of the cadet program, it is important that cadets learn what activities contribute to an active lifestyle to help them achieve physical fitness.

INSTRUCTOR NOTES/REMARKS

N/A.

REFERENCES

C1-011 (ISBN 0-662-32899) Minister of Health (2002). *Canada's Physical Activity Guide to Healthy Active Living* [Brochure].

C3-024 (ISBN 0-7627-0476-4) Roberts, H. (1989). *Basic Essentials Backpacking*. Guildford, CT: The Globe Pequot Press.